

SPECIAL CLASSES & EVENTS

Hang Aerial 55+

Mon 29 April, 13 & 20 May, 3 & 17 June,
1 & 15 July | 10-11am

Age: 55+ | £10 (£8)

Come and dance in the air in a supportive and creative environment. Learn basic techniques on trapeze, silks and hoop – how to climb and make and link shapes. We'll also explore some gentle aerial yoga in our beautiful aerial hammocks.

Adult Hang Aerial

Sun 9 June | 2-4pm

Age: Adult | £20 (£16)

A unique and challenging workshop in which you will use trapeze, aerial hoop and cocoon building strength & technique.

Hang Stretch Yoga

Sun 12 May & 21 July | 2-4pm

Age: Adult | £20 (£16)

A new type of yoga using a hanging cocoon to help achieve traditional yoga positions. This unique and challenging class combines yoga postures in a weightless aerial environment whilst exploring postures on the floor and in the air.

Classic Burlesque

Sat 6 July | 6.30-8.30pm

Age: 18+ | £20 (£16)

Feel glamorous, have fun and learn moves and poses for revealing, before putting the techniques you've learned into practice in a burlesque routine which you'll learn in class.

The Greatest Showman Sing-and-Dance-Along

Sat 22 June | Family Friendly 2pm | Adults 7pm

£15 (£12 and £8 under 18)

Your specialist dance leader, Caroline Banks, will lead you through a series of dance moves ready for the film to be streamed – each time a song comes on get ready to hit the dance floor!

Active Birth Yoga for Pregnancy

Saturdays | 2-3.30pm

£32 (or £9 per session)

Course 1: Sat 11, 18, 25 May & 1 June

Course 2: Sat 22, 29 June & 6, 13 July

A four week course to support wellbeing in pregnancy and gather the tools you need for labour and birth. You'll practice breath work and yoga stretches and explore different positions to help in labour. Attendance recommended after the first trimester.

Hang Out and Dance

Sun 12 May, 9 June & 21 July

£5.50

Age: up to 10 | 10.30-11.30am

Age: 10+ | 11.45am-12.45pm

Dance and aerial sessions for all with lots of props and games. This group is inclusive and has just 10 spaces so that we can welcome all abilities and needs. To discuss any particular needs, please contact Lynn Campbell lynncam05@aol.com

Summer Dinky Disco

Sun 2 June | 11am-12.30pm

Age: 0-6 | One Adult and one child £10
(additional child/adult: £3)

Calling all children to come along and boogie on down to some summer tunes to welcome in the sunshine.

Community Performances & Events

Summer Dance Shorts

Sun 21 July | 5.30pm & 7.30pm

£6

A performance of local talent who have been learning the moves throughout the term. Join them and cheer them on in this wonderful evening of dance.

PRICES AND BOOKING OFFERS

MULTI-BUY SAVINGS

Choose our multi-buy packages to make great savings on classes whilst guaranteeing your place.

Adult classes

Single 1 hr class £7.00 (£6.00 concession)
Single 90 min class £10 (£8.50 concession)

Multi-Buy Discounts

Book 12 classes and save 25%
Book 8 classes and save 20%
Book 4 classes and save 15%

Children's classes

Single 1 hr class £6.00
Single 90 min class £8.50

Multi-Buy Discounts

Book 12 classes and save 20%
Book 8 classes and save 15%
Book 4 classes and save 10%

We offer concessionary rates for students, people claiming job seekers allowance and over 60's. Please provide a form of photographic ID or relevant documentation.

DANCE CAMPS

6-16 Years | £125 | Sibling and multi-buy discounts available.

Urban Summer Camp Mon 29 July to Fri 2 Aug | 9am-5pm

Urban Summer is a chance for your child to dance like their favourite pop stars. Young participants will develop skills in Hip Hop, Street and elements of Breaking. There will be exciting dance battles and freestyle mash-ups all with a live DJ, and a professional videographer will direct the children to make a dance video!

Best of the West End Summer Camp

Mon 5 August to Fri 9 August | 9am-5pm

A fun-filled week exploring dance routines, songs and characters from some of the most popular musicals around. Children can become part of the Greatest Show and don the ringmaster's hat, show off supercalifragilisticexpialidocious dance moves and help create a little bit of Wicked magic with just a click of their heels.



Dance City is a five minute walk from both St. James & Central Station Metro stations. The Grainger Town Multi-Storey Car Park is situated right next to the Dance City building on Waterloo Street, with free parking after 5pm.

To book tickets: Visit www.dancecity.co.uk or call the Ticket Office on 0191 261 0505.

DANCECITY 
Dance for the North East

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Newcastle upon Tyne
NE1 4BR

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info@dancecity.co.uk
dancecity.co.uk



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**ARTS COUNCIL
ENGLAND**



DANCE CLASSES FOR EVERY BODY

DANCECITY 
Dance for the North East

23 April –
21 July 2019

dancecity.co.uk

0191 261 0505

WELCOME!

READY, SET, GROW!

We are delighted to announce the opening of our new Studio 6 – a space dedicated to wellbeing. We will be able to offer more varied Yoga, Pilates and other movement based classes now, including Baby Friendly Pilates on Wednesdays at 1pm.



“As a total beginner and someone who has never been to any kind of dance class before, I was worried about finding it a bit intimidating or feeling out of place, but I needn't have worried! I had a really positive experience, everyone was really friendly and relaxed.”

“Great vibe, super friendly staff and fab place to burn some calories whilst having fun!”

DON'T SWEAT, SPARKLE

It's a calorie burner

The cardio workout dancing provides both in classes and when busting a move on the dance floor greatly improves your aerobic fitness especially when done regularly.

It strengthens your bones

Dance is a form of weight-bearing exercise, a type of exercise that has been proven to improve bone condition and help them grow healthy and strong!

It keeps you young

From improving mental functions to boosting heart health, dance provides a number of unique benefits that look after your body and can lessen some of the effects of ageing.

It improves your memory

Dancing has been found to blend cerebral and cognitive thought processes with muscle memory, meaning that regular dancing can help strengthen and improve anyone's memory retention.

It's socially satisfying

Dancing is a great way to meet new people with a common interest from all walks of life and spark new friendships outside of work.

It relieves stress

There's extensive research that supports dance's ability to act as a stress reliever as it produces endorphins that cause our bodies to feel calm and optimistic.

CLASS TIMETABLE

Tuesday 23 April – Sunday 21 July 2019 Please note there are no classes on Bank Holidays

Class	Time	Age	Level
Hang Aerial	10-11am	55+	All
Tap	11.15am-12.15pm	55+	Advanced
Ballet	12.15-1.15pm	55+	Beginners
In Motion	1.30-2.30pm	16+	Admits parent/carer
Ballet	5-6pm	Adult	Beginners
Contemporary	5-6pm	Adult	Beginners
Contemporary Floor Work	6-7pm	Adult	All
Vinyasa Flow Yoga	5.30-6.30pm	Adult	Beginners
Vinyasa Flow Yoga	6.30-7.30pm	Adult	Beginners
Ashtanga Yoga	7.30-8.30pm	Adult	Primary Series
Pilates	6-7pm	Adult	All
Street	6.30-7.30pm	Adult	All
Salsa	7-8pm	Adult	Improvers
Salsa	8-9pm	Adult	Beginners
Pilates	7-8pm	Adult	All
Contemporary	7.30-9pm	Adult	Intermediate
Ballet	8-9pm	Adult	Improvers
Barre	9.30-10.30am	Adult	All
Tap	12-1pm	55+	Beginners
Afro Mix	5.30-6.30pm	Adult	All
Fitsteps	5.30-6.30pm	Adult	All
Flamenco	5.30-6.30pm	Adult	Beginners
Flamenco	6.30-7.30pm	Adult	Intermediate
Musical Theatre	6.30-7.30pm	Adult	All
Ballroom	6.30-7.30pm	Adult	All
Pilates	6.30-7.30pm	Adult	Beginners
Ballroom	7.30-8.30pm	Adult	Beginners
Pilates	7.30-8.30pm	Adult	Intermediate
Jazz	7.30-8.30pm	Adult	All
Pilates	11am-12pm	55+	Beginners
Pilates	12-1pm	Adult	All
Baby Friendly Pilates	1-2pm		See website for details
Ballroom & Latin	1.30-2.30pm	55+	All
Ashtanga Yoga	5.30-6.30pm	Adult	Intermediate Series
Popping	6-7pm	Adult	All
Egyptian Belly Dance	6-7pm	Adult	Beginners
Tap	6-7pm	Adult	Beginners

Class	Time	Age	Level
House	7-8pm	Adult	All
Egyptian Belly Dance	7-8pm	Adult	Intermediate
Street	7-8pm	Adult	All
Tap	7-8pm	Adult	Intermediate
Ballet	12-1pm	55+	Improvers
Slow Flow Yoga	1-2pm	55+	Beginners
Ballet	5-6pm	Adult	Beginners
Barre	5.30-6.30pm	Adult	Beginners
Flamenco	6-7pm	Adult	Beginners
Ballet	6-7 pm	Adult	Intermediate
Dance Workout	6.30-7.30pm	Adult	All
Tango	7-8pm	Adult	All
Creative Contemporary	7-8.30pm	Adult	All
Ballet	7-8.30pm	Adult	Advanced
Get Moving	11.15am-12.15pm	All	Admits carer
Tap	12.30-1.30pm	55+	Intermediate
Fitsteps	1.45-2.45pm	55+	All
Ballet Primary	4.30-5.30pm	4-6	All
Afro Mix	5-6pm	Adult	All
Teen Ballet	5-6pm	11-15	All
Boys Moves	5-6pm	7-15	All
More Ballet	5.30-6.30pm	4+	All
Bollywood	6-7pm	Adult	All
Contemporary	6-7pm	11-15	All
Urban Vibes	6-7pm	Adult	Intermediate
Ballet Primary	9.30-10.30am	4-6	All
Hip Hop	9.30-10.30am	7-11	All
Tiny Tappers	10-11am	4-8	All
Contemporary Club	10-11am	7-11	Beginners
Hip Hop	10.30-11.30am	11-15	All
Ballet Junior	10.30-11.30am	7-11	All
Contemporary Club	11am-12pm	7-11	Improvers
Creative Break 1	11am-12pm	7-11	All
DC Youth Company	11.30am-1pm	11-15	By audition only
Saturday Dance Club	11.30am-1pm	7-11	All
Creative Break 2	12-1pm	11-15	All
Pop Steps	12-1pm	4-6	All
Active Birth Yoga for Pregnancy	2-3.30pm		See website for details
Girlz Only	1-2pm	11-15	All
Ballet	11.30am-12.30pm	Adult	Beginners
Ballet	12.30-1.30pm	55+	Beginners
Vinyasa Flow Yoga	1.30-2.30pm	Adult	All